



Toxic Foods For Pet Birds

Alcohol: This should be obvious-as in people, pet birds become impaired and suffer the same consequences as people do. Depression, breathing problems, alcohol poisoning and even death can occur in your pet bird.

Onions: Onions of any kind or onion like bulbs including garlic, shallots, chives may cause the rupture of red blood cells in pet birds this is known as hemolytic anemia.

Aloe Vera: May cause intestinal irritation and possibly nephritis which is inflammation of the kidneys.

Fruit Seeds or Fruit Pits: in general assume that most fruit seeds and pits, such as apple, peach, pear, apricot, peach or plum are dangerous for birds. Some of these contain cyanogenic glycosides, which convert into cyanide in mammalian and avian digestive tracts. Some fruits seeds such as ripe Papaya and Pomegranate are safe.

Avocado: Studies have shown that feeding avocado is harmful. The bark and leaves contain persin, a toxic chemical than can cause heart failure.

Chocolate: As we have mentioned before, chocolate contains methylxanthines caffeine and theobromine, both noted to cause death in pet animals of all species. In birds it causes vomiting, diarrhea, seizures and eventual death.

Coffee and Coffee Beans: the caffeine in coffee and coffee beans may cause increased heart rate and has been shown to cause reduced egg production.

Herbal Remedies and Spices: herbs and spices such as comfrey, ginger, nutmeg, ginkgo, and even basil can cause skin irritation and liver failure.

Tomatoes, Spinach and Other foods containing Oxalic Acid: Oxalic Acid found in spinach and tomatoes can attract calcium ions, causing a lowering of blood calcium levels. It can also exacerbate certain diseases such as kidney problems and gout.

Raw Peanuts: Raw peanuts can contain aflatoxins caused by the *Aspergillus flavus* fungus if they are not stored properly. These toxins are hepatotoxic which means they are harmful to the liver and are carcinogenic which is cancer causing. Aflatoxins have largely been reduced in peanuts through roasting and proper storage. Select clean looking, roasted, plain peanuts when feeding to your pet bird.



Grapefruit and Starfruit: If your pet bird is on medication avoid these fruits as some medications and this fruit have been shown to cause increases in blood plasma concentrations. So with this in mind if your pet bird is on medication they are better off without these fruits.

Cooking Oils: the main danger here is in the frying of food in the vicinity of pet birds. If there is a lack of proper ventilation while frying foods death can occur from inhalation of gases produced when frying foods. Also, birds should not ingest oils as they are high in fats and overconsumption of fats can cause obesity in birds.

Mushrooms: Mushrooms are fungi and these cause digestive upset in birds. The caps and stems of some varieties can also cause liver failure.

So let's never assume that foods that are safe for human consumption are harmless for pet birds. There are differences in physiology and metabolism between humans and animals. Please carefully consider what is appropriate to feed your pet bird. This will ensure your pet bird's longevity and will keep your feathered friend a healthy member of your family.